Allens Almanack, or

a Diary

and Prognostication for this

yeare of our Lord God

1612.

Being intercaler or leape yeare.

And from the beginning of the

world 5574.

Calculated generally for the Lati-

tude & Meridian of the ancient

towne of Petworth in Sussex,

which generally may serue for

all Great Britaine, & particular-

ly for the South parts thereof.

By Henry Allen, practitioner in

Phisick and Chyrurgerie.

Imprinted at London for the

company of Stationers.

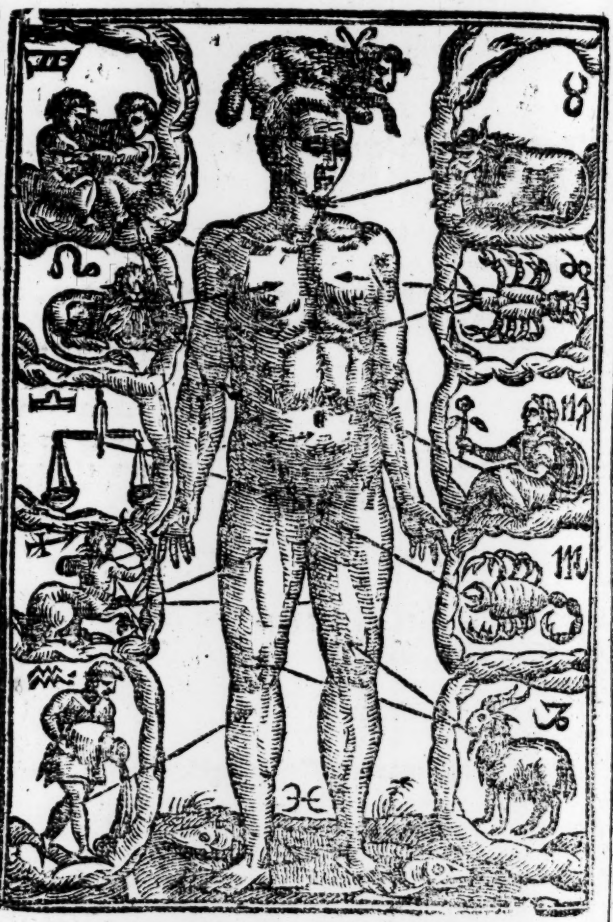
A note of the mooueable feasts, for more ready vse of the Church of Great Britaine,

The Prime or Golden number is 17
The Cicle of the Sunne is 25
The Dominicall letters are G. and F.
The Romaine Indiction is 10
The Epact is 7.
Betweene Christmas and Quinquagesima sunday, are eight weekes and foure dayes.
Ashwednesday, February the 26.
Easter day Aprill the 12.
Ascention day, May the 21
Whitsunday May the 31
Aduent sunday, Nouember the 29.
Sundayes after Trinitie sunday are 24.

And for the Churches beyond sea.

The Prime or Golden number is 17
The Cicle of the Sunne is 25
The Dominicall letters are A. F.
The Romane Indiction is 10
The Epact is 27
Betweene Christmas and Quinquagesima sunday are ten weekes.
Quadragesima sunday, March. 11.
Easter day, Aprill. 22.
Ascension day, May. 31.
Whitsunday, June. 10.
Sundayes after Trinity sunday are 23

The Anothomy of mans body, as the parts thereof are gouerned by the 12. celestiall signes.



Aries head, Taurus neck, Gemini armes require,
Cancer breast, Leo heart, Virgo guttes desire:
Libra loines, Scorpio secrets, Sagitarius thighes,
Capricorne knees, Aquarius legs, & Pisces feete supplies.

Hee that to good instruction,
will bend a listning eare:
Let him these lessons following,
in minde conceaue, and beare.

1	a	New years d	Arie. 22	
2	b	Octa. Steph.	Tau. 5	
3	c	Octa. of Joh	Tau. 18	● Full Moone the viii. day, at fiue of the clock 31 min. in the morning.
4	d	Octa. Innoc.	Gemi. 3	
5	e	Edwa. depos.	Gem. 16	
6	f	Twelfe day	Can. 0	
7	g	Felix & Jan.	Can. 14	
8	a	Lucian priest	Leo. 0	
9	b	Agapit virg.	Leo. 15	
10	c	Sol in Aquar	Virg. 0	
11	d	Vinus mart.	Virg. 15	☾ Last quarter the xiiii. day, at nine of the clock 19. min. in the afternoone.
12	e	1. sun af. Epi.	Libra. 4	
13	f	Hillary bishop	Libr. 13	
14	g	Wed. coms in	Libr. 27	
15	a	Maurice abb.	Sco. 11	
16	b	Marcellus.	Sco. 24	
17	c	Antho. depos.	Sagit. 7	
18	d	Prisca virg.	Sag. 19	
19	e	2. sun. af. Epi.	Capr. 1	● New Moone the xxii. day at viii. of the clock 19 min. in the after noone.
20	f	Octab. Hillar.	Capr. 13	
21	g	Agnis. virg.	Capr. 25	
22	a	Vincent mar.	Aqua. 7	
23	b	Terme begin	Aqu. 17	
24	c	Timothy ap.	Pisce. 0	
25	d	Cõn. of Paul	Pis. 11	
26	e	3. sun. af. Epi.	Pisc. 23	
27	f	Quind. Hillar.	Aries. 5	☽ First quarter the xxv. day, at x. in the euening.
28	g	Clauis quad.	Arie. 17	
29	a	Valerius ep.	Tau. 0	
30	b	Batild. queen.	Tau. 12	
31	c	Satu. & Circ.	Tau. 26	

The hyre of sinne, thy death, the day
of doome, remember still:
So shalt thou lesse addicted bee,
to practise any ill.

1	d	Bziget. Fast	Gem. 9		
2	e	Purif. of Mar.	Gem. 23		
3	f	Crast. Purifi.	Canc. 8		○ Full Moone the vi. daye, at iii. of the clock and 33. mi. after noone.
4	g	Gilbert bishop	Can. 22		
5	a	Agathe virg.	Leo. 7		
6	b	Dozothy virg.	Leo. 22		
7	c	Angale bishop.	Virg. 7		
8	d	Med goes out	Vir. 22		
9	e	Septuagesima.	Libra. 7		
10	f	Scholers.	Libr. 21		
11	g	Sother. bish.	Scor. 5		☾ Last quarter, the xiii. day, neere xi. a cloke at noone.
12	a	Terme ends	Sco. 19		
13	b	Wolfran bish.	Sagit. 2		
14	c	Valentine.	Sag. 15		
15	d	Faustin & Io.	Sag. 27		
16	e	Sexagesima.	Cap. 9		
17	f	Policrou bish.	Capr. 21		
18	g	Simeon.	Aqua. 3		● New Moone the xxi. day, at three after noone.
19	a	Prince H. born	Aqu. 15		
20	b	Wilfred. vir.	Aqua. 27		
21	c	Victima Septu.	Pisc. 8		
22	d	Peters chaire.	Pisc. 20		
23	e	Shrove sund.	Arie. 2		
24	f	Mat.	Arie. 14		
25	g	Matthias apo	Arie. 26		☽ First quarter the xxix. day, at x and 15. min. before noone.
26	a	Ashwednesda.	Tau. 9		
27	b	August. bish.	Tau. 21		
28	c	Oswald bish.	Gem. 5		

March hath xxxi. dayes.

Wordly delights, like Syrens songe,
and dangerous rocks forsake:
These draw thy soule away from God,
downe to the hellish lake.

1	D	1. sun. in Lent.	Cane. 2		
2	e	Chadde bish.	Can. 17		
3	f	Maurice.	Leo. 1	●	Full Moone,
4	g	Tibbe Worke	Leo. 16		the vi. day,
5	a	Focas & Eule	Virg. 1		at one a clock and
6	b	Victor mart.	Virg. 16		12. minut. after
7	c	Perpet. & felix	Libra. 1		midnight.
8	D	2. sun. in Lent.	Libr. 15		
9	e	40. Martyrs.	Scorp. 0		
10	f	Equi. da. & nig.	Scor. 13		
11	g	Sol in Aries.	Scor. 27		
12	a	Gregory bish.	Sag. 9	☽	Last quarter,
13	b	Theod. mart.	Sag. 23		the xiiii. day,
14	c	Vltima Quad.	Capri. 5		neere foure in
15	D	3. sun. in Lent	Capri. 18		the morning.
16	e	Eleiach.	Aqua. 0		
17	f	Gertrude vir.	Aqua. 12		
18	g	Edwar. King	Aqu. 24		
19	a	Ioseph Mar. h	Pisc. 6	●	New Moone,
20	b	Cuthbert.	Pisc. 18		the xvi. day,
21	c	Benedictus.	Aries. 0		5. min. after viii.
22	D	4. sun. in Lent	Arie. 11		in the morning.
23	e	Theodor bish.	Arie. 23		
24	f	Nat. Leg. hoc Anno. of Ma.	Taur. 6		
25	g		Tau. 18	☽	First quarter,
26	a	Eastor martir	Gemi. 1		the xxiii. day,
27	b	Resur. Dom.	Gem. 15		at viii. of the clock
28	c	Dorothy vir.	Gem. 28		and 23. minu. in
29	D	5. sun. in Lent.	Can. 12		the morning.
30	e	Quintine mar	Can. 26		
31	f	Anselme.	Leo. 11		

To reuereance, and frequent the Church,
good care see that thou take:
But chiefly, care thy selfe, for God
a temple fit to make.

1	g	Theodor vir.	Leo. 26	
2	a	Mary Egipt.	Virg. 10	
3	b	Rich. bishop.	Vir. 25	☉ Full Moone the v. daye, at x of the clock and 51. minuts in the morning
4	c	Ambrose bish.	Libr. 12	
5	d	Palme sunn.	Libr. 24	
6	e	Sextus bishop	Scor. 8	
7	f	Euphine vir.	Sco. 21	
8	g	Egisippus.	Sagit. 5	
9	a	Perpetuus.	Sag. 18	
10	b	Sol in Taurus	Capri. 1	
11	c	Mil. virgins.	Cap. 13	☾ Last quarter, the tenth day at 9. of the clock and 33. minuts at night.
12	d	Easter day.	Cap. 25	
13	e	Zenone bishop	Aqu. 8	
14	f	Olive.	Aqua. 20	
15	g	Leonard.	Pisce. 2	
16	a	Isodore bish.	Pisc. 14	
17	b	Anicete bish.	Pisc. 26	
18	c	Eleutherius.	Arie. 8	● New Moone the xx. daye, at x of the clock and 19. minuts at night.
19	d	Low sunday.	Arie. 20	
20	e	Med. com. in	Taur. 3	
21	f	Simon bishop	Tau. 15	
22	g	Erkenald.	Tau 28	
23	a	Georgonict.	Gem 11	
24	b	Wilfrid. Fast	Gem. 25	
25	c	Marke Euan	Can. 9	
26	d	2. sun. aft Eas.	Can. 23	☽ First quarter the xxvii. day neere one of the clocke at mid night.
27	e	Quind Pasch.	Leo. 7	
28	f	Vitalis mart.	Leo. 21	
29	g	Terme begin.	Virgo 6	
30	a	Dep. of Erkē.	Virg. 20	

To close thine eyes, and stop thine eares,
take heed continually:
The diuell at them, throwes in his darts,
and wounds thy soule thereby.

1	b	Philip & Jac.	Libra. 6	
2	c	Athanasi. b. sh.	Libra. 19	
3	D	3. sun. af. East	Scor. 3	○ Full Moone,
4	e	Tres Paschæ.	Scor. 17	the iiii. day,
5	f	Goddard.	Sagit. 9	a little after ix.
6	g	Joh. Port lat.	Sagi. 13	at night.
7	a	Joh. of Beue.	Sag. 26	Eclipsed.
8	b	Appa. s. Mich	Capr. 8	
9	c	Theophilus.	Cap. 21	
10	D	4. sun. af. East	Aquar. 3	
11	e	Mense pasch	Aqua. 15	☾ Last quarter,
12	f	Sol in Gemi.	Aqua. 27	the xii. daye,
13	g	Seruitius.	Pisc. 10	a little after iii.
14	a	Boniface bish.	Pisc. 22	in the afternoon
15	b	Sophie.	Aries. 4	
16	c	Med. go out.	Aries. 16	
17	D	Rogation sun.	Taur. 0	
18	e	Quinq. Pasch.	Taur. 12	● New Moone
19	f	Potentia.	Taur. 25	the xx. daye,
20	g	Baruardine.	Gem. 8	at x. of the clock
21	a	Ascention day	Gem. 21	and 6. minutes
22	b	Crast. ascenti.	Can. 5	before noone
23	c	Transl of Er.	Canc. 19	
24	D	6 sun. af. East	Leo. 3	
25	e	Terme ends.	Leo. 18	
26	f	Bede priest.	Virg. 2	☽ First quarter
27	g	Germane.	Virg. 17	the xxvii. day,
28	a	Hubert.	Libra. 1	a little after vi.
29	b	Felix.	Libr. 15	in the morning.
30	c	Petronill vir.	Scorp. 0	
31	D	Whitsunday.	Scor. 13	

Iune hath xxx. dayes.

In dooing any godly deed,
see that thou take no pride:
For so, thy ship may suffer wrack,
while she in roade doth ride.

1	e	Nichomede.	Sco. 27	
2	f	Marceline.	Sag. 10	
3	g	Timber weeke	Sag. 22	
4	a	Petrocius.	Capri. 4	
5	b	Boniface bish.	Capr. 17	
6	c	Melone.	Aqua. 0	
7	D	Trinity sund.	Aqu. 12	
8	e	Crast. Trinita.	Aqu. 23	
9	f	Trans. of Ed.	Pisce. 5	
10	g	Sol in Can. 11	Pisce. 17	
11	a	Corpus Chri.	Arie. 0	
12	b	Terme begin.	Arie. 12	
13	c	Vltima Pent.	Arie. 24	
14	D	1. sun. a't trin	Taur. 7	
15	e	Octab. Trini.	Tau. 19	
16	f	Tran of Rich.	Gem. 3	
17	g	Botulph. mar.	Gem. 16	
18	a	Marcelline.	Canc. 0	
19	b	Nat. Reg. Iac.	Can. 14	
20	c	Trans. Edw.	Leo. 0	
21	D	2 sun. a't. trin.	Leo. 13	
22	e	Quind. Trinit.	Leo. 27	
23	f	Andre. Fast.	Virg. 13	
24	g	John Baptist.	Virg. 17	
25	a	Trans of Ele.	Libr. 12	
26	b	John & Paul.	Libr. 26	
27	c	Crescente.	Sco. 10	
28	D	3 sun a't. trin.	Sco 23	
29	e	Peter & Paul	Sagi. 6	
30	f	Ton. of Paul	Sag. 19	

Full Moone, the iii. daye, at viii. a clocke and 40. minuts in the morning.

Last quarter, the xi. day, at viii. of the clock and 45. min. before noone.

New Moone the xviii. day, neere vii in the after noone.

First quarter, about noone the xxv. day.

Iuly hath xxxi. dayes.

Fasting thy soules best armor is,
prayer her strongest wall:
And contrite teares, the sweetest bath,
to wash her selfe withall.

1	g	Octa. Joh. bap	Capri. 0	
2	a	Terme ends.	Cap. 13	
3	b	Tran. of Tho.	Cap. 25	● Full Moone,
4	c	Ulrice	Aqua. 7	the ii. daye-
5	D	4 sun. aft. trin.	Aqua. 19	at 9. of the clock
6	e	Oct. of Peter.	Pisce. 1	36. minut. after
7	f	Thom Beck.	Pisc. 13	no one.
8	g	Dep. of Grim.	Pisc. 25	
9	a	Cyrill bish.	Aries. 7	
10	b	7. brethr. mar.	Arie. 19	
11	c	Trans. of Be.	Taur. 2	☾ Last quarter,
12	D	5. sun. aft. trin.	Tau. 15	the x. daye, a
13	e	Anaclet. marg.	Tau 27	little after mid-
14	f	Sol in Leo	Gem. 12	night.
15	g	Trans. Swith	Gem. 25	
16	a	Trans. Osm.	Canc. 9	
17	b	Kenelme king	Can. 23	
18	c	Dog dayes be	Leo. 8	● New Moone,
19	D	6. sun. aft. trin.	Leo. 23	the xviii. day,
20	e	Marga. virg.	Virg. 7	at iii. of the clock
21	f	Praxeda virg.	Virg. 22	and 45. minut.
22	g	Mary Magd.	Libra. 7	in the morning.
23	a	Apolin bish.	Libr. 22	
24	b	Christi. Fast	Scor. 6	
25	c	James apost.	Sco. 19	
26	D	7. sun. aft. tri.	Sag. 3	☽ First quarter,
27	e	Vii. sleepers.	Sagi. 16	the xxiiii. day,
28	f	Sampson vir.	Sag. 28	neere sixe at
29	g	In. Reg. I. Scot.	Capr. 11	night.
30	a	45. yeare since.	Capr. 23	
31	b	Germani bish.	Aqua. 5	

Faith, Charity and Continence,
do purifie the heart:
And nothing better, then Gods lawe,
Thy soule for to conuert.

1	c	Lammas day.	Aqua. 18	
2	d	8. sun. af. trin.	Aqua. 27	● Full Moone the first day, neere twelue at noone.
3	e	Inuē. of Ste.	Pisce. 10	
4	f	Festum nuis.	Pisce. 22	
5	g	Gourles cont.	Aries. 3	
6	a	Transf. Christ	Aries. 15	
7	b	Cyriacke.	Aries. 27	
8	c	Romain mar.	Taur. 9	
9	d	9. sun. af. trin.	Tau. 23	☽ Last quarter, the ix. daye, at iiii. of the clock and 14. min. after noone.
10	e	Lawrēce mar.	Gem. 6	
11	f	Tiburt mart.	Gem. 19	
12	g	Clare virgin.	Canc. 3	
13	a	Sol in Virgo.	Canc. 17	
14	b	Eusebius.	Leo. 2	
15	c	Assof our Lad	Leo. 16	● New Moone the xvi. day, neere vi. of the clocke before noone.
16	d	10. sun. af. tri.	Virgo. 1	
17	e	Oct. of Lawr.	Virg. 16	
18	f	Agapite mar.	Libra. 1	
19	g	Magnus ma.	Libr. 16	
20	a	Lewes bishop.	Scorp. 1	
21	b	Barnard.	Scor. 15	
22	c	Octa assump.	Sagit. 0	☽ First quarter the xxiii. day at foure in the morning.
23	d	11. sun af. tri.	Sagi. 13	
24	e	Barthol. apo.	Sagi. 25	
25	f	Lewes King.	Capr. 8	
26	g	Dog dayes end.	Capr. 20	● Full moone the last day, at foure of the clock & 12 min. in the morning.
27	a	Ruff. mart.	Aqua. 2	
28	b	Ault n bishop.	Aqua. 14	
29	c	John behead.	Aqua. 26	
30	d	12. sun. af. tri.	Pisces. 6	
31	e	Cuthbur. vir.	Pisces. 19	

September hath xxx. dayes.

Let still, the needie naked soules,
compassion in thee finde:
This onely, drew downe Christ from heauen,
for to redeeme man-kinde.

1	f	Giles abbot.	Aries. 1
2	g	Anthony mar	Arie. 12
3	a	Gregory.	Arie. 24
4	b	Trãs. of Cut.	Taur. 6
5	c	Bertine	Tau. 19
6	D	13 sun. af. tri.	Gemi. 1
7	e	Nat Reg Eli	Gem. 14
8	f	Nat Ma vir.	Gem. 28
9	g	Gorgon mart	Canc. 11
10	a	Siluius.	Can. 26
11	b	Mauricius.	Leo. 10
12	c	Maxillian.	Leo. 25
13	D	14 sun. aft. tri	Virg. 11
14	e	Sol in Libra.	Vir. 25
15	f	Oct. of Mary	Libr. 9
16	g	Ember weeke	Libr. 25
17	a	Lambert bish.	Scor. 9
18	b	Victor.	Scor. 23
19	c	Januarius.	Sagit. 7
20	D	15. sun. aft. tri.	Sag. 19
21	e	Mathew apo.	Capr. 3
22	f	Maurice.	Cap. 16
23	g	Tecla virgin.	Aqua. 0
24	a	Andocheus.	Aqua. 11
25	b	Firmini bish.	Aqu. 23
26	c	Cypri. & Just.	Pisce. 5
27	D	16. sun. aft. tri.	Pisc. 17
28	e	Cosme. Fast	Pisc. 28
29	f	Michael arch	Aries. 9
30	g	Hierom priest	Arie. 22

☾ Last quarter, the viii. daye, at iii. of the clock and 37. min. in the morning.

● New Moone the xiiii. day, at seauen of the clocke and 33. minut. in the afternoone.

☽ First quarter the xxi. daye, at v. of the clock and 33. minut. in the afternoone.

○ Full Moone the xxix. day, neere ix. a clock in the euening.

October hath xxxi. dayes.

As long as from the law of God,
thy minde shall not divert:
So long, the holy spirit of God,
from thee will not depart.

1	a	Remigius.	Taur. 4	
2	b	Leodegar bish.	Tau. 16	
3	c	Cantis. mart.	Tau. 28	
4	D	17. sun. aft. tri.	Gem. 12	☽ Last quarter, the vii. day, at ii. after noone.
5	e	Appollinaris.	Gem. 24	
6	f	Octa. Michs.	Canc. 7	
7	g	Marci & Ma.	Can. 21	
8	a	Pelagius vir.	Leo. 5	
9	b	Germe begin.	Leo 19	
10	c	Geodon's.	Virgo 4	
11	D	18. sun. aft. tri.	Vir. 19	● Next Moone the xiiii. day, at iiii. of the clock and 39. mi. in the morning.
12	e	Wilfrid virg.	Libra. 4	
13	f	quind. Micha.	Lib. 18	
14	g	Sol in Scorp.	Scor. 3	
15	a	Wolfran.	Sco. 17	
16	b	Mich. mount.	Sagit. 2	
17	c	Tran, Ethelb.	Sag. 15	
18	D	Luke Evang.	Sag. 28	☽ First quarter, the xxi. day, at x and 40. mi. before noone.
19	e	Fridelwide. v.	Capr. 11	
20	f	Tres Michael.	Capr. 24	
21	g	xii. M. virgins	Aqua 7	
22	a	Mary Solom.	Aqu. 19	
23	b	Roman, arch.	Pisce. 1	
24	c	Magior. bish.	Pisc. 13	
25	D	20. sun. aft. tri.	Pisc. 25	
26	e	Ursula virg.	Aries. 7	● Full Moone, the xxiv. day, at one a clocke at noone.
27	f	Mense Micha.	Arie. 19	
28	g	Simon & Jud.	Taur. 1	
29	a	Narcissus.	Tau. 13	
30	b	German bish.	Tau. 25	
31	c	Quintine.	Gem. 8	

Nouember hath xxx. dayes.

All earthly things, like as a shade
and smoake, flie fast away:
But heauenly things are permanent,
and neuer shall decay.

1	D	All Saints.	Gem. 21	
2	e	Omnium ani.	Canc. 4	
3	f	Crast. animar.	Canc. 17	☾ Last quarter, the v. daye, neere ix. in the euening.
4	g	Lete priest.	Leo. 1	
5	a	Compt of par.	Leo. 15	
6	b	Leonard.	Virgo. 0	
7	c	Wilfrid arch.	Virg. 14	
8	D	22. sun. af. tri.	Libra. 0	
9	e	Theodor. mar.	Libra. 12	
10	f	Triphonis.	Libra. 28	● New Moone the xii. day, at iii. and 47. mi. after noone.
11	g	Martin bish.	Scor. 12	
12	a	Crast. Marti.	Scor. 27	
13	b	Sol in Sagitar.	Sagi. 11	
14	c	Trās. of Erk.	Sagi. 23	
15	D	23. sun. af. tri.	Capri. 6	
16	e	Edmun. arch.	Capr. 19	
17	f	O. Elizabeth.	Aqua. 2	☽ First quarter, the xx. day, at sixe of the clocke and 38. min. in the morning.
18	g	Octab. marti.	Aqua. 14	
19	a	Elizab. mart.	Aqua. 26	
20	b	Edmo. King.	Pisce. 9	
21	c	Pres. of Mary	Pisce. 24	
22	D	24. sun. aft. tri.	Aries. 3	
23	e	Clement bish.	Aries 15	
24	f	Grisogon ma.	Arie. 27	
25	g	Quind. Mart.	Taur. 10	
26	a	Wed. goes out	Taur. 22	○ Full Moone, the xxviii. day at v. of the clock and 30. min. in the morning.
27	b	Agricola.	Gemi. 6	
28	c	Termi ends.	Gemi. 17	
29	D	Aduent sund.	Canc. 1	
30	e	Andrew apost	Canc. 14	

Withdraw thy heart from earthly things,
from thence a smoke doth rise:
Which like as soote, and filthy black,
thy soule doth quite disguise.

1	f	Ley bishop	Can. 7		
2	g	Libane mar.	Les. 12	☾	Last quarter,
3	a	Depo. of Os.	Leo. 26		the v. daye,
4	b	Barbary vir.	Virg. 11		at v. of the clock
5	c	Sabba abbot.	Virg. 25		and 48. minutes
6	D	2. sun. in Adu.	Libra. 9		in the morning.
7	e	Oct. of Andr.	Libr. 24		
8	f	Conc. our La.	Scor. 8		
9	g	Cipryan Abb.	Sco. 22		
10	a	Eulalia virg.	Sagit. 5		
11	b	Damasius.	Sag. 19	●	New moone,
12	c	Sunne in Cap.	Capri. 2		the xii. daye,
13	D	3. sun. in Adue.	Cap. 15		at v. of the clock
14	e	Obly vire in	Capr. 27		and 20. minutes
15	f	Valery bish.	Aqua. 10		in the morning.
16	g	Ember daye	Aqu. 22		
17	a	Lazarus bish.	Pisc. 4		
18	b	Gratian bish.	Pisc. 16		
19	c	Venetia virg.	Pisc. 29	☽	First quarter
20	D	4. sun. in Adu.	Aries. 11		the xx. daye,
21	e	Thomas apo	Arie. 23		at three a clocke
22	f	30 Martyrs.	Taur. 5		and 42. minutes
23	g	Victor virgin	Taur. 18		in the morning.
24	a	Adam. Fast.	Gem. 0		
25	b	Christmas da.	Gem. 13		
26	c	S. Steph. mar.	Gem. 26	○	Full moone,
27	D	John Evang.	Can. 10		the xxvii. day
28	e	Innocents.	Can. 24		at vii. of the clock
29	f	Thom. Becket	Leo. 8		in the euening.
30	g	Transl. James.	Les. 22		
31	a	Silvester bish.	Virg. 6		

Alleyn. 1612.

A Prognostication

for the yeere of our Lord God, 1612.

Containing a declaration of the time of the Eclipses, the foure Quarters of the yeere, the Changes, Fulls, & Quarters of the Moone,

With the alteration of the weather, disposed in euery seuerall moneth.

By Henry Alleyn, Practitioner in Phisicke and Chyrurgery.

Breues dies hominis sunt, numerus mensium eius apud te est, constituisti terminos eius, qui præteriri non poterunt, *Iob* 14.

Imprinted at London for the Company of the Stationers.

A rule to know the beginning and ending of the Termes, with their Returnes, this yeere, 1612.

¶ Hillarie Terme beginneth this yeere, the 23. day of Januarie, and endeth the 12. of Februarie, and hath foure Returnes.

1. Octabis Hillarii. Ian. 20.
2. Quind. Hillarii. Ian. 27.
3. Craſt. Purifica. Feb. 3.
4. Oct. Purifica. Feb. 10.

¶ Easter Terme beginneth the 29. of Aprill, and endeth the 25. of May, and hath fiue Returnes.

1. Quind Paſc. Aprill. 27.
2. Tres Paſc. May. 4.
3. Menſe Paſc. May. 11.
4. Quin. Paſc. May. 18.
5. Craſt. Aſcen. May. 22.

¶ Trinity Terme beginneth the 12. of June, and endeth the ſecond of July, and hath foure Returnes.

1. Craſt. Trin. Iune. 8.
2. Octa. Trin. Iune. 15.
3. Quind. Trinit. Iune. 22.
4. Tres Trinit. Iune. 29.

¶ Michaelmas Terme beginneth the 9. day of October, and endeth the 28. of Nouember, & hath 8. Returnes.

1. Octa. Mich. Octob. 6.
2. Quin. Mich. Octob. 13.
3. Treſ. Mich. Octob. 20.
4. Menſ. Mich. Octob. 27.
5. Cra. Anim. Nouem. 3.
6. Craſt. Mart. Nouem. 12.
7. Octab. Mar. Nouem. 18.
8. Quin. Mar. Nouem. 25.

Note alſo, that the Exchequer openeth eight dayes before any Terme beginne, except Trinity Terme, before which it openeth but foure dayes.

On theſe dayes following, the Iudges ſit not at Weſtminſter.

Hillary, Eaſter, Trinity, Michaelmas — Termes, on — Candlemas, Aſcenſion, Midſumer, Allholland — day.

Of the Eclipſes of the Sunne and Moone this preſent yeere, 1612.

THE Luminaries this yeere will ſuffer foure times the loſſe of their light, which they vſually impart to the Earth: twiſe the Sunne, and twiſe the Moone, whereof the firſt of the Moone, and the firſt of the Sunne ſhall onely preſent themſelues to our eyes.

Of the Eclipſe of the Moone.

THe Eclipſe of the Moone will be ſeene with vs on Munday the 4. day of May, a little after 9. of the clocke in the euening, ſeuen parts of her body wilbe intercepted by the ſhadow of the Earth.

Of the Eclipſe of the Sunne.

THe 10. day of May, being Wedneſday, 52. minutes after 9. of the clocke in the morning, the princely Planet Sol, his rayes wilbe emmaſhed by the opacous body of the Moone, ſo that ſeuen parts will ſeeme to be hid from our ſighe. The beginning whereof will be 48. minutes after 8. of the clocke: the middeſt will be 52. minutes after 9. the end will be 24. minutes after 10. The time of the Eclipſe from the beginning vnto the end, will be 2. houres and foure minutes.

Of the foure Quarters of this yeere. 1612.

Of the disposition of the VVinter Quarter.

THe winter quarter this yeere (as Astronomers commonly account the same) hath his beginning the 11. day of December 1611. at the time of the Sunnes ingresse into the first minute of Capricorne, and hath continuance, vntill the Sunne is ready to enter into the first minute of Aries: then making the Aequinoctium vernum, and inchoating that part of the yeere that is vsually termed the Spring.

This season is by naturall inclination) cold and moyst, not so hurtfull to healthfull, young and choleriche persons, as to those that are aged and sickely.

In this season, the inward parts of mans body are hottest, wherefore they that are in health, may then safely take more store of foode (so as the quantity be not such as may ouercloy the stomacke) then at other times. Calor naturalis hoc tempore confortatur multiplicaturque, vnde digestio fit melior, & stomachi opus rectius perficitur. Hereupon, the Prince of Physicians Hipocrates, sayth, Ventres hyeme calidiores sunt, &c. As concerning the sicknesses of this part of the yeere, these are like to be most rife: Inflamations and exulcerations of the Lungs, coughs, proceeding of destructions from the head, streightnes of breath, paines in both sorts of intestines, headeache, apoplexies, palsies, poses, rheumes, cathatres, paynes in the brests and sides, the strangury, payne in the ioynts, watring of the eyes, dymnes of sight, and such like, troublesome and grieuous both to aged, and young persons. As touching the state of the weather in this time, it wil be for the most part cold, according to the naturall inclination of the time, intermixed with much frost, some sleete and snow, not without good store of rayne and hideous winds.

Of

Of the Spring,

The Spring, which is the ſecond part of this yeare, beginneth the 21. day of March, when the Sunne entreth into the firſt ſcruple of Aries, in the vernall Equinoctiall point. Among all parts of the yeere, this is rightly accounted the moſt temperate & healthfull time, becauſe it is not ſo cold and moyſt as Winter, neyther ſo hote and dry as Summer, ſed tanquam in vtriuſque confinio conſiſtens. A ioyfull and delightſome time is it now to exercitique and healthfull bodyes, which are not ſtuffed with noyſome and foule humors: but to thoſe that haue corrupt and vncleane bodyes, it is vncomfortable & pernicious: wherefore ſuch perſons are now to ſeeke the ordinary meanes that God hath prouided, namely, the good aduice & learned counſell of ſome expert and well practized Phyſition, whom God hath ordayned to this end and purpoſe.

The ſickneſſes and griefes of this time, are like to bee, ſcabs, byles, ſmall pockes, vomitings, ſwellings in the throate, falling ſickneſſe, pleuriſies, fluxes of blood, ache in the ioynts, the ſcorbut, wormes in the belly, and ſuch like. The quality of this ſeaſon is like to be ſomewhat warme & moyſt in the beginning, & colder and dryer towards the end.

Of Summer.

SUmmer the third part of this yere, beginneth the 21. day of June, at ſuch time as the Sunne ſetteth his firſt ſtep into the firſt minute of Cancer, then cauſing the Summer Solſtice, and then hath his greateſt declination from the Equinoctiall, towards the North, making thereby the longeſt day, and ſhorteſt night, and this ſeaſon continueth til the 21. day of September. This part of the yere (of his naturall quality) is hot and dry, and now the humors are altred from coldneſſe and moyſture, to warmeneſſe and dryneſſe, and in this time euill humors flowing and abounding in the bodyes of men, ſpread and conuay themſelues into diuers parts and manſions in the body, thereby ingendring many hote and ſharpe diſeaſes, as fluxes of the belly, feuers of diuers ſorts, paine and noyſe in the eares, hote diſtemperatures in the mouth, pleuriſes, inflamations of the

lungs, frenzies, blisters, blaynes, and cholericke eruptions and defedations of the skin, and other hote sicknesses. God of his mercy defend vs from the pestilencial feuer, and other like generall and deadly infections. Much inconstancy and alteratiõ of weather is like to fall out in this season. Quod pro infinita sua in humanum genus misericordia, auertat Deus.

Of Autumne time or Harueſt.

HArueſt, the laſt parte of this yeere (called also of some, Anni ſemitus, or the fall of the leafe) maketh his beginning the xiiii. day of September, at such time as the Sunne paſſeth into the first poynt of the Equinoctiall ſigne Libra, making there also the night equall with the day, and continueth vntill the Sunne paſſeth into the first ſcruple of the Solſticiall ſigne Capricorne, ſcantling out the longeſt night, and the ſhorteſt day. This season, by the naturall inclination thereof, is variable and vnconſtant, by reaſon of heate in the day, & coldnes in the night: of all times of the yere, moſt dangerous to take ſickenes in. This time is deemed better when it is moyſt and rayne, rather then when it is dry, becauſe as then it is taken to be nutritor et continuator reliquiarum ætatis præteritarum.

The ſickneſſes of this time beſides ſome of them that happned in the Summer, are Dyppilations, & Indurations of the ſpleene, Sciatica, Shortnes of breath, Gnawing in the bowels, Falling ſickneſs, Lienteria, Illiaca paſſio, Payne in the backe, hips and ioynts, Bloſſomes of the Scorbuticall flowre.

The inclination of the weather is like to bee variable, ſometimes rayny, ſometime darke and thicke miſts, and nipping froſts towards the end thereof, cauſing a rather winter then ordinary.

Of purging, blood-letting, and other euacuations.

PUrging (as Galen, lib. 1. Aph. com. 2. & lib. 2. com. 17. deſineth it) is an euacuation of humors noyſome to the body, by reaſon of the rottenneſſe and malignity there-

of

of (whereby they are become vnfit to nourish, and vnapt to abide in the body, Omne corruptum (vt dixit quidam magni nominis medicus) naturæ est alienum, & idcirco, e corpore quamprimum expellendum. In the avoyding whereof, great heed is to be taken, that we leaue not, behind in the body, the bad humors which (of congruencie) are to be sent out, and make euacuation of the good humors, that rather should abide still in the body. Wherefore Hipocrates (that most worthy founder of Phisicke) speaketh, (as in most things else) very wisely (vit. Aph. lib. 1.) where he sayth, Si qualia oportet purgari, purgentur, confert, & leuiter ferunt, sin minus, contra. If the body be disburdened of such humors, as are needfull to be purged, the patient findeth ease thereby, but if otherwise, then falleth it out quite contrary. By which saying, hee seemeth to giue a caueat to all Phisitions to bee heedfull and pryant (in the practise of their Arte) to immitate nature. Natura enim medicatrix est, medicus vero minister:) that is, to do such things as nature would haue done in this poynt, which is (as Galen, lib. 1. Aph. 2. et vlti. et lib. 4. textu 2. et 3. teacheth) in euery disease (admitting purging) to euacuate such humors as they shall perceiue nature (in her spontane and voluntary euacuation, without the administring of any detectory medicine) to be inclined and ready to expell and send out.

Medicines (as writeth Cophon the excellent Phisicion, in his booke intituled, Ars medendi) are to be sometimes, in Vigiliis, that is to wit, in the day time, while wee are walking and walking, wee vsually giue liquide and lenitiue medicines, when wee purpose to purge, Minores venas, partes stomacho vicinas, et leuiores stomachi humores. And these are to be ministred, rather about halfe an houer (or more) before dinner, then a little before or after supper, as some Italian Phisicians (inconsiderately, as I take it) haue vsed to doo. In somnis, videlicet, in the night time, when we slepe, we giue pilles and other stronger medicines, when our intention is, to euacuate crude and rebellious humors, that are seated in the circumference and vttermost parts of the body. That such and other medicines may more orderously (for the good of the patient) be ministred, two things may seme needfull. The first and chiefe whereof is, the learned counsell of an expert Phisicio, (which consisteth in two poynts, to wit, the orderly preparing of the body, that is

to be purged, according to the sage counsell of the sayd Hipocrates, lib. 2. Aph. 10. Corpora purgare volentem oportet fluida facere, one that desireth to purge the body, accordingly must first make the same fluid, (and ready to depart with the excrements) that is, to cut and make thin the tough and clammish humors, to dilate and unstop the coarcted and obstructed passages, by which the bad humors are to be sent out & annoyded: and in the first prescribing of an appropriate medicine for to purge the humor offending.

The second poynt, is in limitting a fit and conuenient time, wherein the medicine, according to the qualities, motions, and configurations of the Planets and other heauenly bodyes (which diuers Authors hold, to be a matter of good consequence) is to be ministred, the which by these short instructions, may (in some good sort) be effected.

The ☽ in ♌ in ✶ or △ with ☿ ☉ ♃ purge Choler ☿ not combust, Phlegme, Melancholy. with Electuaries.

The ☽ in ♍ in ✶ or △ with ☿ ☉ ♃ purge Choler ☿ not combust, Phlegme, Melancholy. with potions.

The ☽ in ♓ in ✶ or △ with. ☿ ☉ ♃ purge Choler ☿ not combust, Phlegme, Melancholy. with Pilles.

The ☾ in ♎ or ♒ in ✶ or △ with ☿ ☉ ♃ purge Choler as before, Phlegme, Melancholy. with any medicine.

In administring of all medicines generally, let that the moone runne not in any of the signes that are ruminant, or chewing the Cudde, as ♈ ♉ ♑, for then the medicine is like to stay but a little while in the patients stomache, but will cause him to vomit. But whensoeuer you intend to purge by vomit, then those signes are absolutely the best.

Use Sneesing, Gargarismes, Vomites, Clisters, the Moone being in ♋ ♌ or ♍ ♋ or ♈ ♈ or ♑ as before, ♈ ♎ ♏.

Stop

Stop Fluxes and Rhewmes in ♉ ♍ or ♄.
Bathe for hote and cold diseases, in ♋ ♏ or ♓ ♈ ♌ or ♐ the ☽ in a ⚹, or a △ with ♄.

Of Bloud-letting.

BEcause bloud (as Galen teacheth) is Ortus nostri, veluti materia, and (to speake briefly) the very treasure of mans life, bloud-letting ought not to be attempted, but when need is, and then also, not without great circumspection. Neede thereof shall be, when the bloud is eyther offensiue in quantity, as when it so exceedeth, that the regitiue power cannot well gouerne it, or in quality, that is, when it becommeth foule and corrupt.

First, that it be done vpon an empty stomacke, after perfit digestion, both the belly and bladder first disburdened of their ordinary excrements. Ne fæces in intestinis sursim rapiantur.

Secondly, in a season neyther too hote nor too cold, and in a fayre and cleare day. Continens trahit contentum ad suam crasim.

Thirdly, such as haue bad digestion, and their liuers cold, are vnfit to be let blood. Quia æger inde ad frigidorum cruditatem perduci potest.

Fourthly, strayt after strong exercise, bathing, a great and long continued laske, long watching, and statim post Venereos actus, bloodletting is to be auoyded. Ista calorem natiuum corpusque resoluunt.

Fiftly, They that haue bene long sicke, & not throughly recouered, they that intemperately fill themselues with flesh and wine, are not without great counsell to be letten blood. Sanguinis missio vires valenter postulat.

Sixtly, Neyther in the day nor houre of a fit of an Ague, a veyne is to be opened. Paroxismus crises habet speciem.

Seuenthly, After bloud-letting, vse meate of light digestion. Let bloud-letting be alwayes of a meane quantitie: if it be excessiue, it causeth Agues, Leproste, Scabbes, Apostumes, hurteth the hearing and eye-sight, and quickly welcommeth death. Melior est multiplicatio inueniri, quam quantitatis.

Eyghtly, After bloud-letting abstayne from strong labours, bathing, a compressu Venereo, till iiii. dayes be past. Sperne voluptates: nocet empta dolore voluptas.

Forbeare things restrictiue, as Viniger, Peares, Cheese, powdered

powdred, and ſmoke-dryed fleſh, and vſe light meates.

Monthly, in the
- Spring time let bloud on the right ſide:
- Autumne on the left ſide.
- Spring time let bloud more largely: Summer time (when neede inforceth) very ſparingly: Autumne time moderately.
- Winter time largely, if the weather be not frosty or extreame cold.

The diſeaſes wherein bloud-letting is holden conuenient, are, Viſcerum inflammationes, Pleuritis, Angina, Peripneumonia, Phlegmones, Iecoris, et Lienis, Opthalmiæ vehementiores, Arthritides, comitiales melancholiæ, continentes febres, et aliæ omnes in quibus putreſcens ſubeſt humor, furores, phrenitides, ſanguinis per os reiectiones, vertigines, Lethargi, vulnera grauia, casus e ſublimi, ſuppreſsiones menſium, hæmorrhoides, dolores quacunque in parte inciderint, ſi modo acuti et clamoſi, &c.

Fit times to let bloud in, are obſerued to be in theſe ſignes of the Zodiacke.

In ♈ good to let phlegmaticke perſons bloud, except Cephalica.

♉ except the thighes.

For melancholy in ♐, and the firſt halfe of ♎, excepting the buttocks and legges.

The Moone in ♋ and ♓, good for cholericke perſons.

From
- The change, to the firſt quarter, for young folkes.
- The beginning of the firſt quarter, to the full, for manly age.
- The full to the laſt quarter, for conſiſtant and middle aged people.

In the laſt quarter, for old age alone.

Hac vel plura tibi, bona commoda (ſi moderatè, ſi cautè fiat) Phlebotomia dabit.

1. Sanguinem alienum eiicit.
2. Stomachum purgat.
3. Proprium ſanguinem nutrit.
4. Digeſtionem inuitat.
5. Triſtitiam auſert.
6. Lenionem producit vocem.
7. Memoriam præber.
8. Viſum acuit.
9. Veſicum mundificat.
10. Ventrum coercet.

11. Cerebrum

11. Cerebrum temperat.
12. Somnum inuitat.
13. Stimulum libidinis fugat.
14. Anxietatem tollit.
15. Auditum apperit.
16. Ingenium excitat.
17. Lachrimas stringit.
18. Medullas calfacit.
19. Longiorem vitam dat.
20. Sanitatem conseruat.

Sowing and Planting.

SIgnes good to sow in, are ♉, ♒: to plant in, ♉, ♋, ♏, ♎, ♑, and the better if ♐, be in no aspect with the ☽, with this caution, that if the ground and seedes be moyst, the last quarter of the Moone, a little before the change, is best: but if they be dry, then in the end of the first quarter. A little before the full, it is best to fell timber to build with; the better to last, and keepe from rotting, within 8. dayes next after the full Moone, and chiefly betweene S. Barnabees day and New yeeres day.

Touching Alchemy, or working by the fire, it is best, the Moone and the Ascendent being in common signes, and the fiery Triplicity.

A Prediction of the weather, according *to the inclination thereof, in euery* seuerall Moneth.

¶ Ianuary 1612. ☉ in ♒ the 10. day.

Pocula Ianus amat.

Ianuary hote wines would haue.

THe first, ii, and iii, dayes, faire and frosty, iiii, and v, windy, vi, and vii, sleete or snow, viii, and ix, clearer, x, xi, xii, cold dry frosts, xiii, and xiiii, dry and windy, xv, and xvi, driuing weather, xvii, and xviii, very variable, xix, xx, and xxi, hard frosts, xxii, xxiii, xxiiii, and xxv, stormy, cloudy and ouercast (if not snow.) xxvii, and xxviii, cleare and sunne-shining, xxix, xxx, & xxxi, extreme hard weather.

Full Moone the viii. day, at v. of the clocke, xxxi. minutes in the morning.

Last quarter, the xiiii. day, at ix. and xix. min. after noone.

New

New Moone the xxii. day, at viii. & xix. min. after noone.
First quarter the xxx. day, at x. in the euening.

¶ February. ☉ in ♓ the 10. day.

Sed Februus algeo clamat.

February warme clothes doth craue.

The first, and ii. windy and inconstant, iii. & iiii. rayne or sleete, v. and vi. Sun shyning, vii. & viii. dry frosts, ix. x. xi. and xii. winter-like weather. xiii. xiiii. and xv. much better, xvi. and xvii. fiercely freezing, xviii. xix. and xx. great variety, xxi. and xxii. moyst with some fall, xxiii. xxiiii. and xxv pleasant weather, xxvi. and xxvii. sconr, xxviii. and xxix. blusterous windes.

Full Moone the vi. day, at xxxiii. minutes after noone.
Last quarter the xiii. day, neere xi. of before noone.
New Moone, the xxi. day, at iii. after noone.
First quarter, the xxix. day, at x. and xv. minutes before noone.

¶ March. ☉ in ♈ the 11. day.

Martius aruа fodit.

March, Oates to sowe, plowes vp the fields.

The first and ii. like to rayne, iii. and iiii. fayre dayes, v. and vi. cold frosts, vii. and viii. sharpe ayre, ix. x. and xi. ruffling windes, xii. and xiii. calmer, xiiii. and xv. cold and dry, xvi. xvii. and xviii. March blasts, xix. and xx. wyndy with rayne in the end, xxi. xxii. and xxiii. fayre and dry, xxiiii. and xxv. cold dayes, xxvi. xxvii. and xxviii. some stormes. xxix. xxx. and xxxi. better weather.

Full Moone. the vi. day, at one of the clocke, xii. min. after midnight.
Last quarter. the xiiii. day. neere iiii. in the morning.
New Moone, the xvi day, v. min. after viii. in the mor.
First quart. the xxvii. day, at vi. & 36. min. in the mor.

¶ Aprill. ☉ in ♉ the 10. day.

Sed Aprilis florida prodit.

Aprill good store of flowers yelds.

The

The firſt day, a cleare Sunne-ſhyning day, ii. and iii. ſo too, but colder, iiii. and v. ſomewhat windy. vi. and vii. much like, viii. and ix. hote blaſts, x. xi. and xii. temperate dayes, xiii. xiiii. xv. xvi. and xvii. ſmall windes, with Aprill ſhowres, xviii. and xix. warme dayes, xx. xxi. & xxii. froſty mornings, xxiii. & xxiiii. much like, but more windy. xxv. xxvi. and xxvii. ſtormy, xxviii. xxix. and xxx. fit for the time.

Full Moone, the 5. day, at 10. and 51. minutes in the morning.

Laſt quarter, the 10. day, at 9. and 33. minutes at night.

New Moone, the 20. day, at 10. and 19. min. at night.

Firſt quarter, the 27. day, neere one at midnight.

¶ May. ☉ in ♈ the 12. day.

Flos & fons nemorum ſunt Maio fomes amorum.

May brings ſweete verdure of the wood,
Cheering the ſpirites, freſhing the blood.

The firſt and ii. pleaſant dayes, iii. and iiii. ſmall dewes. v. vi. and vii. fayre dayes, viii. and ix. cold mornings, x. xi. and xii. ſweete dewes, xiii. and xiiii. ſmall rayne, xv. and xvi. very hote, xvii. xviii. & xix cooler, xx. and xxi. freſh windes, xxii. and xxiii. like to rayne, xxiiii. and xxv. very hote, xxvi. and xxvii. heate alayd, xxviii. and xxix. ſo too, xxx. and xxxi. rayne.

Full Moone, the iiii. day, a little after ix. at night, Eclipſed.

Laſt quart. the xii. day, a little after iii. in the afternoone.

New Moone the xx. day, vi. min. after x. before noone.

Firſt quarter, xxvii day, a little after vi. in the morning.

¶ Iune. ☉ in ♋ the 10. day.

Dat Iunius fœna.

June giueth hay to fæde cattell.

The firſt, ii. and iii. very hote, iiii. and v. heate alayd, vi. vii. and viii. wauering and cloudy, ix. and x. rayne, xi. xii. and xiii. very hote, lightning, if not thunder, xiiii. and xv. cooler, xvi. and xvii. ſome winds, xviii. and xix.

like

like to rayne. xx. xxi. and xxii. fiery hote, xxiii. and xxiiii. fresher ayre. xxv. xxvi. xxvii. and xxviii. cloudy, ouercast, intermingled with dewes, xxix. and xxx. extreme hot.

Full Moone, the 3. day, at 8. & 40. min. in the morning.
Last quarter, the 11. day, at 8. and 14. min. before noone.
New Moone, the 18. day, neere 7. in the euening.
First quarter, about noone the 25. day.

¶ Iuly. ☉ in ♌ the 14. day.

Iulio resecatur auena.

Iuly the ripened Oates doth fell.

THe first, ii. and iij. dayes, pleasant, iiii. and v. lowring, with fresh winds, vi. vii. and viii cloudy and ouercast, ix not rayne, x. and xi. very hote. xii. xiii. and xiiii. pleasant kindly weather, xiiii. xv. and xvi. some drops and thunder, xvii. xviii. xix, and xx. good haying weather. xxi. xxii. xxiii. so too, xxiiii. and xxv, lowring and ouercast, xxvi. xxvii. and xxviii. fit for the time, xxix. xxx. and xxxi. meetly good haying weather.

Full Moone the 2. day, at 9. of the clocke 36. minutes in the euening.
Last quarter, the 10. day, a little after midnight.
New Moone, the 18. day, at 3. & 45. min. in the morning.
First quarter, the 24. day, neere 6. at night.

¶ August. ☉ in ♍ the 13 day.

Augustus spicas.

August inbarnes both Wheate and Rye.

THe first, ii. iii. and iiii. cloudy and intermingled with dewes, v. vi. and vii. good harnest weather. viii. and ix. much like, x. and xi. stormy. xii. xiii. and xiiii. seasonable, xv. xvi. and xvii. so too. xviii. & xix. hayle-stones, xx. and xxi. windy, xxii. xxiii. and xxiiii. fiery hote, xxv. and xxvi. cooler. xxvii. xxviii. and xxix. inconstant, xxx. and xxxi. small dewes.

Full Moone, the first day, neere 12. at noone.
Last quarter, the 9. day at 3. and 14. minutes after noone.
New Moone, the 16. day, neere 11. before noone.

First

First quarter, the 23. day, at 4. in the morning.
Full Moone, the 31. day at 4. and 11. min. in the morn.

September. ☉ in ♎ the 14. day.

Septembr collegit vuas.

September gathereth Grapes plenty.

The first, ij. and iij. dry dayes. the iiij. and v. seasonable, vj. vij. and viij. somewhat windy, ix. & x. like to rayne, xj. and xij. hote dayes. xiij. xiiij. xv. and xvj. indifferent fayre, if the winds hold vp, xvij. and xviij. store of rayne, xix. xx. xxj. and xxij. much better, yet cloudy. xxiij. xxiiij. and xxv. mostly disposed, xxvj. xxvij. and xxviij. rayne, xxix. and xxx. clearer weather.

Last quarter, the 8. day, at 3. and 37. min. in the morn.
New Moone the 14. day, at 7. and 33. minutes in the after-noone.
First quarter 21. day, at 5. and 33. min. in the after-noone.
Full Moone 29. day, neere 9. in the euening.

October. ☉ in ♏ the 14. day.

Seminat October.

October workes with Harrow and Plough.

The first, 2. and 3. meetely good weather, 4. 5. 6. and 7. windy, with rayne now and then, 8. 9. 10. and 11. dry and cold, 12. 13. 14. and 15. mingled with rayne now and then 16. 17. and 18. small frosts, 19. and 20. so too, 21. 22. 23. 24. and 25. winterlike weather, 26. 27. 28. and 29. frosty and dry, 30. and 31. great winds.

Last quarter the 7. day, at 2. in the afternoone.
New Moone the 14. day, at 4. and 39. min. in the morn.
First quarter the 21. day, at 10. and 40. min. before noone.
Full Moone the 29. day, at 1. in the after-noone.

November ☉ in ♐ the 13. day.

Spoliat virgulta November.

November bares both Tree and Borgh.

The first day windy, 2. & 3. foggie dayes. 4. 5. 6. & 7. frosty and dry. 8. 9. & 10. winterlike, 11. 12. 13. and 14. vn-

kindly

kindly weather, 15. & 16. better, 17. 18. 19. 20. & 21. darke flying clouds, & rayne, 22. 23. 24. 25. & 26. freezing & ſnow, 27 & 28. great winds, 29. and 30. great raine, if not floods.

Laſt quarter, the 5. day, neere 9. in the euening.
New Moone the 12. day. at 3. and 47. min. after noone.
Firſt quarter, 20. day, at 3. 8. min. in the morning.
Full Moone the 29. day. at 5. and 30. minut. in the mor.

¶ December ☉ in ♐ the 12. day.

Quærit habere cibum porcos mactando December.

December ſeekes to ſtore the houſe With Scublins, Bacon, Brawne and Sowſe.

The firſt day wet, 2. 3. 4. and 5. frolty, 6. 7. 8. and 9. windy, and rayne now and then, 10. 11. 12. 13 and 14. very cold and frolty, 15. and 16. ſome fall, 17. 18. and 19. ſo too, 20. 21. 22. & 23. better weather, 24. 25. and 26. driuing wet ſleete, or ſnow, 27. and 28. much like, 29. 30 and 31. dry froſts to end the yeere.

Laſt quarter, the 5. day, at 5. and 48. min. in the morning.
New Moone the 12. day, at 5. and 20. min. in the mor.
Firſt quarter, the 20 day, at 3. & 42. min. in the morning.
Full Moone the 27. day, at 7. in the euening.

FINIS.

¶ A perfect direction of the beſt and readieſt *high-wayes, from any notable towne in England,* and from the City of London to any notable towne: *and likewiſe from one notable towne to another.*

From Barwicke to Yorke.

From Barwicke to Belford.	xii. miles
From Belford to Anwich.	xii. mile.
From Anwich to Morpit.	xii. mile.
From Morpit to Newcaſtle.	xii. mile.
From Newcaſtle to Durham.	xii mile.
From Durham to Darington.	xiiii. mile.
From Darington to Northalerton.	x. mile.
From Northalerton to Topclyff.	vii. mile.
From Topclyff to Yorke.	xvi. mile.

From

From Yorke to London.

From Yorke to Tadcaſter. viii. mile.
from Tadcaſter to Wentbridge. xii. mile.
from Wentbridge to Dancaſter. viii. mile.
from Dancaſter to Turkford. xviii. mile.
from Turkford to Newmarke. x. mile.
from Newmarke to Grantham. x. mile.
from Grantham to Stamford. xvi. mile.
from Stamford to Stilton. xii. mile.
from Stilton to Huntington. ix. mile.
from Huntington to Royſton. xv. mile.
from Royſton to Ware. xii. mile.
from Ware to Waltham. viii. mile.
from Waltham to London. xii. mile.

From Yorke to Notingham.

From Yorke keepe London way to Dancaſter, and from Dancaſter to Hamſfield in Sherewood. xx. mile.
from Hamſfield to Notingham. xii. mile.

From Notingham to London.

From Notingham to Loughborow. viii. mile.
from Loughborow to Leiceſter. viii. mile.
from Leiceſter to Harborow. xii. mile.
from Harborow to Northampton. xii. mile.
from Northampton to Stonie Stratford, x. mile. and ſo to London, as in the way of Couentry appeareth hereafter.

From Yorke to Shrewsbury.

From Yorke to Wetherby. viii. mile.
from Wetherby to Deeley. xiii. mile.
from Deeley to Bradford. viii. mile.
from Bradford to Halifax. vi. mile.
from Halifax to Blackſtone edge. vi. mile.
from Blackſtone to Rochedale. vi. mile.
from Rochdale to Manchester. viii. mile.
from Manchester to Norwich. xvi. mile.
from Norwich to Beſton wood. ix. mile.
from Beſton wood to Whitchurch. x. mile.
from Whitchurch to Wyche. iiii. mile.
from Wyche to Shrewesbury. xii. mile.

From Yorke to Cambridge.

From Yorke keepe London way vntill ye come to Huntington, and then haue you twelue mile to Cambridge.

From Yorke to Oxford.

Keepe London way from Yorke to Northampton: from

The High wayes.

Northampton to Toceſter, ſeuen mile. From Toceſter to Brackley ſeuen mile: From Brackley to Oxford. xviii. mile.

From Lincolne to London.

FRom Lincolne to Ancaſter. From Ancaſter to Witſfield. From Witſfield to Stamford, & ſo forth. From Stamford to Stilton, as in Yorke way.

From Boſton to London.

FRom Boſton to Bourne. xvii. mile. From Bourne to Stilton. And ſo to London, as in Yorke way.

From S. Dauids to Gloſter, and ſo to London.

FRom Saint Dauids to Arefoꝛd.	xii. mile.
from Arefoꝛd to Carmarden.	xviiii. mile.
from Carmarden to Newton.	xli. mile.
from Newton to Lanbury.	x. mile.
from Lanbury to Brecknocke.	xvi. mile.
from Brecknocke to Hay.	x. mile.
from Hay to Hereford.	xiiii. mile.
from Hereford to Roſſe.	xi. mile.
from Roſſe to Glocester.	xii. mile.
from Glocester to Chicheſter.	xv. mile
from Chicheſter to Farington.	x. mile.
from Farington to Abington.	x. mile.
from Abington to Dorcheſter.	v. mile.
from Dorcheſter to Henley.	xii. mile.
from Henley to Maydenhead.	viii. mile.
from Maydenhead to Colebrook.	vii. mile.
from Colebrooke to Hounſlow.	v. mile.
from Hounſlow to London.	x. mile.

From Carmarthen to Worceſter, and ſo to London.

FRom Carmarthen to Laundouery.	xx. mile.
from Laundouery to Belthe.	xiiii. mile.
from Belthe to Preſtene.	xii. mile.
from Preſtene to Worceſter.	xxvi. mile.
from Worceſter to Euesham.	xii. mile.
from Euesham to Chippingnorton	xiii. mile.
from Chippingnorton to Iſlip.	xii. mile.
from Iſlip to Witham.	xx. mile.
from Witham to Beconſfield.	v. mile.
from Beconſfield to Vxbridge.	viii. mile.
from Vxbridge to London.	xv. mile.

From Carnaruan to Cheſter, and to Couentry, and ſo to London.

From

From Carnarnan to Conway. xviiii. mile.
from Conway to Denbigh. xi. mile.
from Denbigh to Flynt. xii. mile.
from Flynt to Cheſter. x. mile.
from Cheſter to Wyche. xb. mile.
from Wyche to Stone. xb. mile.
from Stone to Lychfield. xbi. mile.
from Lychfield to Coleſhill. xii. mile.
from Coleſhill to Couentry. viii. mile.
from Couentry to Deyatey. xiiii. mile.
from Deyntry to Toceſter. x. mile.
from Toceſter to Stonyſtratford. vi. mile.
from Stonyſtratford to Brickhill. vii. mile.
from Brickhill to Dunſtable. vii. mile.
from Dunſtable to Saint Albons. x. mile.
from Saint Albons to Barnet. x. mile.
from Barnet to London. x. mile.

From Cockermouth to Lancaſter, and ſo to London.

From Cockermouth to Keſwicke. vii. mile.
from Keſwicke to Grocener. viii. mile.
from Grocener to Kendall. xiii. mile.
from Kendall to Burton. vii. mile.
from Burton to Lancaſter. viii. mile.
from Lancaſter to Preſton. xx. mile.
from Preſton to Wigan. xiii. mile.
from Wigan to Warington. xii. mile.
from Warington to Newcaſtle. xx. mile.
from Newcaſtle to Lichfield. xx. mile.
from Lichfield to Couentry twenty mile: and ſo to London, as in the way of Couentry appeareth.

From Shrewesbury to Couentrie.

From Shrewſbury to Watlingſtræte. viii. mile.
from Watlingſtræte to Shefnall. v. mile.
from Shefnall to Wonigale. iii. mile.
from Wonigale to Wolnerhampton. b. mile.
from Wolnerhampton to Wzemicham. x. mile.
from Wzemicham to Werden. x. mile.
from Werden to Couentry iiii. mile. and ſo to London as aforeſayd.

From Couentry to Oxford.

From Couentry to Southham. x. mile.
from Southham to Banbery. x. mile.

from Banbery to Woodstocke.	xii. mile.
from Woodstocke to Oxford.	vii. mile.

From Couentry to Cambridge.

FRom Couentry to Dunchurch.	viii. mile.
from Dunchurch to Northampton.	x. mile.
from Northampton to Higham ferris.	x. mile.
from Higham ferris to S. Edes.	viii. mile.
from S. Edes to Cambridge.	x. mile.

From Cambridge to London.

FRom Cambridge to Fulmyre.	vi. mile.
from Fulmyre to Barkeway.	vi mile.
from Barkeway to Ware.	xii. mile.
from Ware to Waltam.	viii. mile.
from Waltam to London.	xii. mile.

From Oxford to London.

FRom Oxford to Wheatle bridge.	v. mile.
from Wheatle bridge to Tetsworth.	v. mile.
from Tetsworth to Stoken Church.	v. mile.
from Stoken Church to Wickam.	v. mile.
from Wickam to Beconsfield.	v. mile.
from Beconsfield to Vxbridge.	viii. mile.
from Vxbridge to London.	xv. mile.

From Douer to London.

FRom Douer to Canterbury.	xii. mile.
from Canterbury to Sittingburne.	xii. mile.
from Sittingburne to Rochester.	viii. mile.
from Rochester to Graueſend.	v. mile.
from Graueſend to Dartford.	vi. mile.
from Dartford to London.	xii. mile.

From Rye to London.

FRom Rye to Plimwell.	xv. mile.
from Plimwell to Tonbridge.	xii. mile.
from Tonbridge to Chepstow.	vii. mile.
from Chepstow to London.	xvii. mile.

From Yarmouth to Ipſwich, and to Colcheſter, and ſo to London.

FRom Yarmouth to Leſtoffe.	vi. mile.
from Leſtoffe to Blibur.	x. mile.
from Blibur to Snapbridge.	viii. mile.
from Snapbridge to Woodbridge.	viii. mile.
from Woodbridge to Ipſwich.	v. mile
from Ipſwich to Colcheſter.	xii. mile
from Colcheſter to Eaſterfield.	viii. mile
from Eaſterfield to Chelmsford.	x. mile

from

from Thelmesford to Brentwood. x. mile
from Brentwood to London. xb. mile

From Walsingham to London.

FRom Walsingham to Pitcham. xii. mile
from Pitcham to Brandon ferry. x. mile
from Brandon ferry to Newmarket. x. mile
from Newmarket to Wattesbridge. xii. mile
from Wattesbridge to Barkway. x. mile
from Barkway to Ware. xii. mile
from Ware to Waltham viii mile
from Waltham to London xii mile

From Yarmouth to Norwich.

FRom Yarmouth to Ochel viii mile
from Ochel to Norwich viii mile

From Norwich to London.

FRom Norwich to Windam, from Windam to Attleborrough, alias, Attleborrough x mile
from Attleborrough to Thetford x mile
from Thetford to Islingham sands vi mile
from Islingham sands to Newmarket x mile
from Newmarket to Wattesbridge xii mile
from Wattesbridge to Barkway x mile
from Barkway to Ware xii mile
from Ware to Waltham viii mile
from Waltham to London xii mile

From Southampton to Hayleford in Cornwall, all *along the Sea Coastes.*

FRom Southampton to Kingwood xii mile
from Kingwood to Poole viii mile
from Poole to Milton xb. mile, and so passe the ferry to Waymouth: from Waymouth to Lime xviii mile
from Lime to Ermouth xb mile
from Ermouth passe the ferry to Tinmouth x mile
from Tinmouth passe the ferry to Dartmouth xii mile
from Dartmouth passe the ferry to Sawcom viii mile
from Sawcom to Plummouth: take a guide at Sawcom, for the way is dangerous, by reason of sundry crekes and passages xii mile
from Plummouth passe the ferry to Saltash iii mile
from Saltash to Low x mile
from Low to Foy viii mile
from Foy passe the ferry to Truto xviii mile
from Truto to Hayleford vi mile

The High wayes.

From Southampton to London.

From Southampton to Twiford	viii mile
from Twyford to Alesforth	viii mile
from Alesforth to Alton	vii mile
from Alton to Farnam	vi mile
from Farnam to Gilford	vii mile
from Gilford to Ripple	v mile
from Ripple to Cobham	v mile
from Cobham to Kingstone	v mile
from Kingstone to London	x mile

From Southampton to Bristow.

From Southampton to Salisbury	xviii mile
from Salisbury to Wormester	xviii mile
from Wormester to Bristow	xviii mile

From Barstable to Bristow.

From Barstable to Dunster	xviii. mile
from Dunster to Comidge	xii mile
from Comidge to Weare	xii mile
from Weare to Bristow.	xv mile

From Bristow to Oxford.

From Bristow to Sadbury	x mile
from Sadbury to Cicester	xii mile
from Cicester to Farington	xiii mile
from Farington to Oxford	xii mile

From Bristow to Shrewesbury.

From Bristow to Aust	viii mile
from Aust passe the ferry to Wimmouth	x mile
from Wimmouth to Hereford	xii mile
from Hereford to Lemster	viii mile
from Lemster to Ludlow	viii mile
from Ludlow to Shrewsbury	xx mile

Another way from Bristow, which is farther about, but you shall passe no ferry.

From Bristow to Newport	xv mile
from Newport to Glocester	xv mile
from Glocester to Tewkesbury	viii mile
from Tewkesbury to Worcester	xiii mile
from Worcester to Riddermester	x mile
from Riddermester to Bridgenorth	xii mile
from Bridgenorth to Shrewsbury	xiiii mile

From

From Briſtow to Cambridge.

From Briſtow to Sadbury. xxmile
from Sadbury to Ciceſter. xii. mile
from Ciceſter to Tame, from Tame to Buckingham, frō buckingham to bedford, frō bedford to Cambridge xx. mile

From Briſtow to London.

From Briſtow to Marſfelde. x. mile
from Marſfelde to Chipnam. x. mile.
from Chipnam to Marlebozow. xv. mile
from Marlebozow to Hungerford. viii. mile
from Hungerford to Newbery. viii. mile
from Newbery to Reading. xv. mile
from Reading to Maydenhead. x. mile
from Maydenhead to Colebrooke viii. mile
from Colebrooke to London. xv. mile

From S. Burien in Cornewall to Exceter.

From S. Burien to the Mount. xx. mile
from the Mount to S. Truro. xii. mile
from S. Truro to Bodmin. xii. mile
from Bodmin to Launſton. xx. mile
from Launſton to Okhampton xv. mile
from Okhampton to Crockhozwel. x. mile
from Crockhozwell to Exceter. x. mile

From Exceter to Salisburie, and ſo to London.

From Exceter to Honiton. xii. mile
from Honiton to Charde. x. mile
from Charde to Crokehozne. vi mile
from Crokehozne to Sherboꝛne. x. mile
from Sherboꝛne to Shaftelbury. xii. mile
from Shaftelbury to Salisbury. xviii mile
from Salisbury to Andeuer. xv. mile
from Andeuer to Baſingſtoke. xvi. mile
from Baſingſtoke to Hartlerow. viii. mile
from Hartlerow to Bagshot. viii. mile
from Bagshot to Staines. viii. mile
from Staines to London. xv. mile

There is another way from Exceter to London, and in maner as neere, which ſome do account the better way, that is to ſay.

The High wayes.

From Exceter to Honyton, xii. mile
from Honyton to Burport, xvi. mile
from Burport to Dorchester, xii. mile
from Dorchester to Blandford, xii. mile
from Blandford to Salisbury, xx. mile, and so to London.

From Tornes in Deuonshire to Exceter.

From Tornes to Newton buchell, viii. mile
from Newton buchell to Exceter, xii. mile

From Plimmouth to Exceter.

From Plimmouth to Plimton, iii. mile
from Plimton to Ashburton, xvi. mile
from Ashburton to Chidley, viii. mile
from Chidley to Exceter. xii. mile

From Dartmouth to Exceter.

From Dartmouth first passe ouer the ferry to Kings were,
from Kings were to Compton, vi. mile
from Compton to Newton buchell vi. mile
from Newton buchell to Exceter. xii mile

From Exceter to Barstable.

From Exceter to Ryzton, vii. mile
from Ryzton to Cobbleston, iii. mile
from Cobbleston to Colridge, vi. mile
from Colridge to high Bickington, viii. mile
from high Bickington to Barstable. vi. mile

From Exceter to Bristow.

From Exceter to Collampton, x. mile
from Collampton to Welington, viii. mile
from Welington to Taunton, v. mile
from Taunton to Bridgewater vii. mile
from Bridgewater to Glastenbury, xi. mile
from Glastenbury to Welles, iiii. mile
from Welles to Bristow. xv. mile

FINIS.